



**Be in the  
Moment**

Be Present. Be Well.

## WELL WISCONSIN EMPLOYER NEWSLETTER | MAY 2021, ISSUE NO. 5

### PARTICIPANT COMMUNICATIONS

Here is a list of the Well Wisconsin program communications that are scheduled to send this month.

**5/3: Invitational registration email**

**5/10: Invitational launch email**

**5/11: Incentive reminder email: sent to those that haven't yet completed all three activities**

**5/20: Well Wisconsin Radio email**

**5/26: Well-being awareness: support system email**

*\*content and dates subject to change*



### EMPLOYER SPONSORED ACTIVITY

The employer sponsored activity program helps you plan health and well-being activities for the employees at your location. Employees that participate can earn well-being credit in the Well Wisconsin program!



#### **May: Wisconsin Friends Explore Challenge**

This month's challenge is encouraging everyone to get out and explore our wonderful state parks. The Friends of Wisconsin State Parks have developed a fun event that will challenge visitors to explore the Wisconsin properties in new and fun ways to increase healthy habits, connect with family and friends, and help serve the community.

Employees who choose to participate will receive a code to self report their completion on the Well Wisconsin website. For more information, materials, and the code please email [kmulcahey@webmd.net](mailto:kmulcahey@webmd.net)



## WELL WISCONSIN RADIO

*Well Wisconsin Radio is a monthly podcast style program that interviews health and wellness experts from around the state. Participants can get credit for attending live or by listening in to the recording. Click below to register.*

**May 25th: Noon to 12:30**

**Topic: Friends of Wisconsin State Parks**

**Expert: Michael McFadzen, Randall Paske**

**Registration link and details: [HERE](#)**

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## OTHER NEWS

***The Invitational starts in May! The Invitational is a team-based steps challenge made up of 5 person teams. The Invitational begins with a warm up round on May 3rd, 2021, followed by 5 weeks of friendly competition, as your 5 person team is matched up with a different 5-person team. Participating in all 5 Rounds of the Invitational will earn well-being activity credit! An email invitation to register will be sent to all eligible employees.***

## JUST FOR FUN



***This monthly newsletter is produced by WebMD. For questions or more information please email [mmeinen@webmd.net](mailto:mmeinen@webmd.net). Participant questions can be directed to customer service at 800-821-6591***